



### Inclement Weather Cancellation Policy

The Gahanna Senior Center follows Gahanna Jefferson Public Schools for delays and closures. Columbus' major television networks will share when school is delayed or closed for the day. When school is closed for the day, the Senior Center will remain closed. When school is on a delay, the center will open on a delay with any classes or activities scheduled to start prior to 11:30 am being canceled. Closure/cancellation outside of these standards are still possible due to rapidly deteriorating weather or a level 2 or 3 snow emergency. Please call the Senior Center at 614-342-4265 or the Gahanna Parks & Recreation main line at 614-342-4250 prior to traveling if you are unsure if we are open.



### Membership Renewal Reminder

Many members last renewed in December 2019/January 2020. As a result of the COVID-19 pandemic and the Center's extended closure, these members had an automatic continuation of membership through the end of 2021. Memberships will be renewed beginning in January 2021 and will be valid for a period of 12 months from the date of purchase. An annual membership remains \$30 for Gahanna residents and \$40 for non-residents. Please inquire for financial assistance options if you need help covering the cost of your membership.

**Gahanna Senior Center 480 Rocky Fork Blvd, Gahanna, OH 43230 614-342-4265**



# Gahanna

## Senior Spotlight

Our Senior Center continues to have many of the activities you know and love, as well as a few new favorites! Our regular hours will be 8:30 am - 4 pm, Monday - Friday. Please note, we will be CLOSED for activities on Tuesday, May 3 due to the election. Recurring weekly activities listed below typically do not require advanced registration, but sign-up sheets are available in the office and will help to gauge interest in programs. ***Special programs generally require advanced sign-up.*** Please contact a staff member at 614-342-4265 with questions or to sign-up.

### **Mondays:**

9:30 am - Yoga Gold \$5 (*No class the week of March 26-April 2nd*)  
10 am - Open Crafts  
12 pm - Bridge **NEW DAY & TIME**  
1 pm - Tai Chi (\$2)  
1 pm - Art Group  
2:15 pm - Table Tennis  
3 pm - Book Club (3rd Monday)

### **Tuesdays:**

10 am - Game Day!  
10:30 am - Art with Amber (\$15) **NEW DAY & TIME**  
12:30 pm - Euchre  
1pm - Ceramics

### **Wednesdays:**

9:30 am Yoga Gold (\$5)  
10 am Special Events  
1 pm Tai Chi (\$2)

### **Thursdays:**

9 am - Scrapbooking  
12 pm - Blackjack or Poker  
1 pm - Calligraphy (see description)  
2 pm - Table Tennis

### **Fridays:**

9 am - **NEW** Needle Craft Group  
10 am - Wii Bowling  
1 pm - Mahjong  
1 pm - Jewelry with Jean (every 3rd Friday)

Please wear a mask when visiting the Senior Center or any City building. If you have questions or feedback about any of our programs, let us know. We look forward to seeing you soon!

*Sarah Mill & Annette Rundio*





## Bring Out Your Crafty Side



### **NEW!! Needlecraft- Fridays at 9 am**

Gather to share patterns, techniques and GOOD conversation with crochet, knitting, embroidery and cross stitch.

### **NEW DATE!! Pinterest Club- First Friday, 2 pm**

Bring out your crafty side with this hands-on program. Wesley Woods at New Albany provides the inspiration and supplies for you to make and take some creative projects.

### **Make it & Take it!- Fourth Wednesdays, 10 am**

Indulge in your creative side with a fun craft presented by Taylor Springs Health Campus.

**Decorative Painting with Elizabeth- All classes are Wednesdays at 11 am** Join Elizabeth Jeffries to learn some decorative painting techniques. All supplies are provided.

- Rock Painting- March 23, April 20 & April 27
- Decoupage Eggs- March 16 & March 30

### **Napkin Folding 101- March 9, 11 am**

Africa from Wesley Woods teaches the art of decorative napkin folding. Napkin folding is often used as a fancy touch to a formal meal, but can also be a fun, creative outlet.

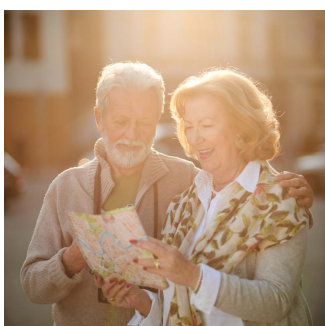
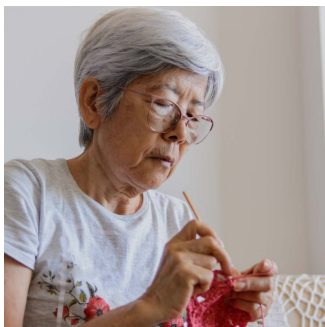
### **Calligraphy**

Check in at the office for upcoming dates.

### **Crafts with Kim**

Get crafty and creative in these fun workshops with Kim from Senior Transition Experts. Space is limited – please sign-up.

- St. Patrick's Day Craft- March 10, 11 am
- Easter Canvas Art- April 8, 10:30 am



## Meal Programs

### **Fat Tuesday Party- March 1, 11:30 am**

Join us for a Cajun-inspired meal (seafood-free jambalaya) complete with king cake. Wear your green, purple and gold! Please call 614-342-4265 or come in to RSVP.

### **Lunch Bunch- March 2: Marcella's (Polaris), April 6: Rusty Bucket (New Albany)**

First Wednesday of every month, we'll meet at a restaurant for a meal & socialization. Transportation available for a fee. Please call 614-342-4265 or come in to RSVP.

### **Souper Fridays! Fridays, 11:30 am**

Enjoy a complimentary bowl of hot soup on select Fridays.

March 11: Broccoli Cheddar

March 25: Sponsored Soup by Garden/Northwood Healthcare

April 8: Italian Wedding Soup

April 22: Sponsored Soup by Garden/Northwood Healthcare

## Travel Programs



### **Pre-departure Meeting: Cherry Blossom Festival- March 22, 10 am**

### **World of Travel Presentation- April 12, 10 am**

Sandy from World of Travel will provide an overview of upcoming trips to the Canadian Rockies/Glacier National Park and the Danube River Cruise as well as TWO NEW trips: Oktoberfest in Georgia October 17 – 22 and California Christmas Dreamin' in December.

### **Prime Tours Travel Preview- April 25, 10 am**

A representative from Prime Tours will provide an overview of upcoming travel opportunities.

### **NEW! Arm Chair Travel- Second Wednesday, 11 am**

You'll enjoy some Armchair Travel on the second Wednesday of the month (starting in April), at 11 am. In this meal and travel program, you'll explore the world – without leaving your chair! Learn about different countries and cultures through video and enjoy chef-prepared cuisine. Presented by Dedicated Care Center and by Blake McCarty. The first venture will be a (virtual) trip to Mexico on April 13.

# Coming Up...



**Muffins and Medicare**  
Fun and informative presentations over coffee and muffins.

Protect Yourself from Scams  
Thursday, March 24, 10 am

Medicare 101: Confused about Medicare?  
Learn the A's, B's, C's & D's  
Wednesday, April 13, 10 am

**Foot Care Clinic.**  
**March 17 & April 14**  
**Appointments available: 8:30a -3:30p**

Anchor Foot Care, LLC provides nurse-delivered foot care at the Senior Center on select dates. The \$35 service fee includes: general foot assessment, nail trimming/thinning, filing corns/calluses/rough skin and foot care education and recommendations. 30 minute appointments are available 8:30 am – 3:00 pm. Call or stop into the Center to schedule (24 hours’ notice is required to cancel an appointment).



**Eggs-Hilarating Egg Hunt- April 2, 11 am**

With thousands of eggs hidden throughout Hannah Park, this free, kid-friendly event will offer plenty of opportunities for little ones to sarch-and-find. Activities include face painting, visits with the Easter Bunny and more.

# Club & League Updates

**Garden Club**  
Do you have a passion for or interest in gardening? The Garden Club helps beautify the center with planters and grows vegetables and herbs in raised beds. Meetings will start up in spring – date TBA. Inquire at the office if you’d like to be added to the contact list.

**Golf League Kick-Off Meeting- April 7, 10 am**  
Our 55+ Senior Golf League plays on Thursday mornings beginning in May at the Gahanna Municipal Golf Course. Join us at the league kick-off meeting at the Golf Course Clubhouse for more information and to register. Senior Center membership is required to participate in the league. Unable to make the April 7th meeting? Come to the Senior Center front desk to register for the Golf League or to renew your memberships. Golf League Cost is \$10 plus Senior Center Membership of \$30 (resident)/\$40 (non-resident).

# Lunches & Learn

**Dedicated Senior Medical Center- March 7, 12 pm**  
With 2 centers very close to Gahanna Senior Center, DSMC ONLY has seniors (65+) enrolled in Medicare as patients. DSMC has our transportation, on-site laboratory, radiology room and medication room. Presented by Blake McCarty.

**How to Live Longer at Home with Senior Transitions Experts- March 31, 11 am**  
Come learn and eat with Kim Roberts about home health options and how to live longer at home.

# Senior Living Truth Empowerment Series

Third Thursdays, 10 am; Register at 614-561-1621

Downsizing De-Briefs: Real People, Real Stories- March 17  
Overwhelmed at the thought of moving? Learn how others have grown to overcome their fears and made the decision to downsize. A panel of downsized homeowners will share their personal “moving stories.”

The Truth on Touring Senior Living Communities- April 21  
Learn more about what’s involved when touring senior living communities. What questions should you know to ask and what should you be paying attention to when touring a facility?



# March 2022



MON	TUE	WED	THU	FRI
28	1 11:30 am Fat Tuesday Party!	2 11:00 am Lunch Bunch Marcella's (Polaris)	3	4 2 pm Pinterest Club
7 12 pm Lunch & Learn	8	9 11 am Napkin Folding 101	10 10 am St. Patrick's Day Centerpiece Craft	11 11:30 am Souper Friday
14	15	16 10 am Bingo & Brunch 11 am Decoupage Eggs	17 10 am Senior Living Truth Empowerment Foot Care Clinic	18
21 3 pm Book Club	22 10 am Pre-Departure Meeting Cherry Blossom Festival	23 10 am Make It & Take It 11 AM Rock Painting	24 10 am Muffins & Medicare 12 pm Red Hats High Tea	25 11:30 am Souper Friday
28	29	30 11 am Decoupage Eggs	31 11 am Lunch & Learn	

# April 2022



MON	TUE	WED	THU	FRI
28	29	30	31	1 2 pm Pinterest Club
4	5	6 11 am Lunch Bunch Rusty Bucket (New Albany)	7 10 am Golf League Kick-Off Meeting	8 10:30 am Easter Canvas Art 11:30 am Souper Friday
11	12 10 am World Travel Presentation	13 10 am Muffins & Medicare 11 am Arm Chair Travel- Mexico	14 Foot Care Clinic	15
18 3 pm Book Club	19	20 10 am Bingo & Brunch 11 AM Rock Painting	21 10 am Senior Living Truth Empowerment Presentation	22 11:30 am Souper Friday
25 10 am Prime Tours Presentation	26	27 10 am Make It & Take It 11 AM Rock Painting	28 12 pm Red Hats April Fools Party	29